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Serve a Complete School Lunch!

A complete school lunch consists of **five** different food items from four food components:



Meat/meat alternate



**Vegetable/fruit
(2 or more different servings)**



**Bread/
bread alternate**



Fluid milk

30
The components may be served separately:



or in combination dishes that contain more than one component:



“Offer Versus Serve” (OVS)

Senior high schools **must** implement OVS by offering a complete school lunch (all five food items) and allowing students to decline one or two items that they do not intend to eat. This means that students must take at least three of the five food items offered.

In junior high, middle, and elementary schools, the school food authorities decide whether to implement OVS and, if so, how many items the students may decline--two food items or only one food item.

In all grades, only the **student** can decide which item or items to decline.

NO. PRINTED _____ DATE _____
NEW ☒ RPT _____ SL. REV. _____ REV. _____
REFER FNS PRICE NS



Offer 5, student chooses 3, 4, or 5.

Start the Day Right With School Breakfast!

A complete school breakfast consists of
four different food items:



**Fluid
milk**



**Vegetable/
fruit or
full-strength
fruit juice or
vegetable
juice**



**Bread/
bread
alternate**



**Meat/meat
alternate**



Any of the following combinations will meet the breakfast meal requirements:



Combination 1

- Fluid milk
- Vegetable/fruit or fruit juice or vegetable juice
- Meat/meat alternate
- Meat/meat alternate

Combination 2

- Fluid milk
- Vegetable/fruit or fruit juice or vegetable juice
- Bread/bread alternate
- Bread/bread alternate

Combination 3

- Fluid milk
- Vegetable/fruit or fruit juice or vegetable juice
- Meat/meat alternate
- Bread/bread alternate

“Offer Versus Serve” (OVS)

School food authorities may, but are not required to, implement **Offer Versus Serve** in their breakfast programs.

In schools implementing OVS, students are allowed to decline any **one** food item that they do not intend to eat. The declined item may be any **one** of the four items offered to the student.



Offer 4, student chooses 3 or 4.